



Delta Obesity Prevention Research Unit— Mission Statement

The Delta Obesity Prevention Research Unit is coordinating a major research program that brings together the expertise of seven institutions in the three state region. These institutions and their research scientists provide unique skills and resources to the Delta. Their research will result in Lower Mississippi Delta specific recommendations for input into the 2015 Dietary Guidelines that will

*enable rural
Lower
Mississippi
Delta
individuals
and families*

to adopt food and physical activity guidelines for sustaining healthy weights, preventing obesity, and reducing the risk factors for obesity related chronic diseases.



Current Louisiana Personnel Supported by Delta OPRU

Southern University and A&M College

Bernestine B. McGee
Glenda S. Johnson
Valerie Richardson
Crystal Johnson
Debbe Gwinn

Pennington Biomedical Research Center

Peter Katzmarzyk
Catherine Champagne
Davis Harsha
Stephanie Broyles
Catrine Tudor-Locke
Ray Allen
William Johnson
Mary Afton
Dawn Turner
Katherine Cash
Erma Levy

2010 Personnel Levels Supported by Delta Obesity Prevention Research Unit

Southern University and A&M College - 5 Employees
Pennington Biomedical Research Center - 12 Employees

USDA, ARS, Delta OPRU
www.ars.usda.gov/spa/dopru

900 S. Shackleford Rd STE 509
Little Rock, AR 72211

Phone: 501-954-8882
Fax: 501-954-9596
E-mail: mike.grusak@ars.usda.gov

USDA, ARS, Delta Obesity Prevention Research Unit



Louisiana Research Cooperators



Southern University and A&M College
Baton Rouge, LA



Pennington Biomedical Research Center
Baton Rouge, LA

Pennington Biomedical Research Center Project Summary



Steps to Adapt Physical Activity Guidelines for the Lower Mississippi Delta:

Delta Obesity Prevention Research Unit cooperating researchers at the Pennington Biomedical Research Center are determining ways in which physical activity patterns of adults in the Lower Mississippi Delta can be effectively adapted to the 2005 physical activity recommendations of the Dietary Guidelines for Americans. Through the use of pedometers and an educational program, delta residents will self monitor their progressive steps to meet these national recommendations. Through a successful physical activity implementation and an adapted eating pattern, anticipated results include a reduction of unhealthy weight gain and an increase in physical activity levels. For additional information, contact Dr. Peter Katzmarzyk (peter.katzmarzyk@pbrc.edu) or Dr. Margaret L. Bogle (margaret.bogle@ars.usda.gov)

Southern University and A&M College Significant Publications:

- **Johnson, G.S., McGee, B.B., Richardson, V., Johnson, C.**, 2009. Measuring aspects of fruit and vegetable availability in the Lower Mississippi Delta (LMD). *Race, Gender, and Class*. 16(3-4):109-119.
- **McGee, B.B., Johnson, G.S., Bardell, K., Richardson, V., Thornton, A., Johnson, C., Williams, J.E.**, Bogle, M.L. 2009. Attitudes and beliefs affect frequency of eating out in the Lower Mississippi Delta. *Race, Gender, and Class*. 16(3-4):19-30.
- Kim Yeary, K., Jo, C., Simpson, P., Gossett, J., **Johnson, G.**, McCabe-Sellers, B., **Thornton, A.**, Prewitt, E., **McGee, B.** 2009. Religion and Body Weight in an Underserved Population. *Race, Gender, and Class*. 16(3-4):82-98.
- **McGee, B.B., Richardson, V., Johnson, G., Thornton, A., Johnson, C.**, Yadrack, K., Ndirangu, M., Goolsby, S., Groves, D., Simpson, P., Hyman, E., Stigger, F., Bogle, M.L., Kramer, T.R., Strickland, E., McCabe-Sellers, B.J. 2008. Perceptions of factors influencing the acquisition and consumption of healthy food in the lower Mississippi delta: focus group findings. *Journal of Nutrition Education and Behavior*. *Journal of Nutrition Education and Behavior*. 40 (2):102-109.
- **Johnson, G.S., McGee, B.B.**, Simpson, P.M., Gossett, J.M. McCabe-Sellers, B.J., **Thornton, A.I., Johnson, C., Richardson, V.**, Bogle, M.L. 2008. Documenting the need for nutrition and health intervention for middle-aged and older adults in the Lower Mississippi Delta (LMD) region. *Journal of Nutrition for the Elderly*. 27(1). p.83-99.
- Connell, C.L., Yadrack, M.K., Simpson, P., Gossett, J., **McGee, B.**, Bogle, M.L. 2007. Food supply adequacy in the lower Mississippi delta. *Journal of Nutrition Education and Behavior*. 39(2):77-83.
- **Thornton, A., McGee, B.**, Paeratakul, S., **Mellad, K., Eubanks, G., Fomby, B.**, Gossett, J., **Bardell, K.** 2006. The influence of Socio-Demographic Factors on Psycho-Social Beliefs in Rural Lower Mississippi Delta Residents. *Race, Gender & Class*. 13(1-2):154-167.

Southern University and A&M College Project Summary



Reducing weight gain and risk factors for obesity-related chronic diseases in Lower Mississippi Delta African American parents and their children is of major concern. Southern University & A&M College cooperating scientists are utilizing a culturally tailored intervention (*We Can!*) (NIH-NHLBI, 2009) which is designed to educate parents how to encourage their children to improve food and physical activity behaviors by modifying the youth's beliefs and values. Changes in the Health Eating Index (HEI) scores, physical activity level, percent body fat, and chronic disease biomarkers will provide the researchers with an overall understanding of the effectiveness level of the intervention *We Can!* For additional information, contact Dr. Bernestine McGee (bernestine_mcgee@subr.edu) or Dr. Margaret L. Bogle (margaret.bogle@ars.usda.gov) .